

# THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF  
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

## MAY 2026



### CELEBRATING OLDER AMERICANS MONTH WITH DVINCI SOUL!

**Thursday, May 14, 1:00-2:00 pm**

Grab your dancing shoes and don't miss DVinci Soul! This six-piece soul band will entertain you and your dancing feet with Motown, Jazz and classic R&B favorites from the '60s through the '90s.

We will also have raffles. Please register at 617-730-2770.

After the concert (at 3 pm), join us outside on the patio (weather permitting) to enjoy ice cream and thank our marathon runners. Please register at 617-730-2770.

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**The Brookline Beacon is a monthly  
publication of the Brookline  
Council on Aging**

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## INFORMATION HOTLINES

617-730-2777 617-730-2770

**COA Van**

617-730-2750

**Brookline Community Aging Network**

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)

## HANDICAP ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact us at 617-730-2777.

## A NOTE ABOUT OUR NEWSLETTER

While we strive for accuracy, information may change or contain errors. Please contact the Brookline Senior Center directly with any questions. We do not endorse the services or companies featured in our advertisements or programs.



The Brookline Senior  
Center is a Welcoming  
Community.

## HOLIDAY CLOSURE

Please note that the Senior Center will be closed on **Monday, May 25** in observance of Memorial Day. There will be no Springwell meal service or transportation services that day.

## FROM THE DIRECTOR

Dear Friends,

May is Older Americans Month—and in Brookline, that’s not a quiet recognition. It’s a statement. We just experienced that statement together at our “Built to Last” benefit, celebrating 25 years of the Senior Center—and the energy in that room said everything. This community is showing up, speaking up, creating, leading, and shaping what comes next. The team and I are honored to bring it forward to the next 25.

Thank you...



To our staff: you don’t just run programs and services—you create space for people to rediscover purpose, build confidence, and stay connected in ways that matter. A special note to Valerie Graf, our Volunteer Coordinator, for putting together an amazing Volunteer Appreciation event last month.



To our volunteers: you are the heart of the COA and Senior Center’s community impact—expanding what’s possible every single day through your generosity and commitment.



To the Brookline Senior Center Foundation, staff and Founders: your belief in this work ensures we are not thinking small or short-term—you are helping us build something that will outlast all of us.

To continue advocacy efforts for all older adults, **we invite you on a trip to the Massachusetts State House for the Annual Older Adult Lobby Day on May 6.** Meet us there or sign up to reserve a seat on the COA Van. **Everyone is welcome.**

This month, don’t just celebrate longevity—claim your role in what comes next. Stay engaged. Try something new. Share your voice. Bring someone with you. The future of the community is still being built—and it is stronger because of you.

I want to wish all the moms out there a joyful Mother's Day this month.

Sincerely,

*Emily J. Williams*  
Director



## FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

I hope you're enjoying warmer weather and days of longer sunlight. Days, weeks, and seasons are speeding by. It's hard to believe that our Brookline Senior Center is celebrating its 25th Anniversary this year!

My heartfelt thanks to many who supported our recent "Built to Last, 25 Years on Winchester Street" Celebration on Thursday, April 30th, at the Brookline Senior Center. Your contributions cover the programs, resources, and life-sustaining care offered at the Brookline Senior Center.

As of April 20th, this is the list of "Built to Last, 25 Years on Winchester Street" Celebration Sponsors. If you are a Sponsor who contributed after this date, we applaud your support and regret that we have to draw the line to go to print.

### **Cookbook**

Suburban Home Health Care  
Anonymous

### **Culinary Rock Stars**

Hamilton Charitable Foundation

### **Chefs**

Marilyn and Andre Danesh  
Sue B. Reamer

### **Sommeliers**

Beth Israel Deaconess Medical Center  
Beacon Bank  
Margaret Ann Bush  
Michael Merrill  
Michael Rubenstein & Elizabeth Skavich

### **Roasters**

Doris Toby Axelrod and Lawrence Marks  
Joseph Geller and Maria Benet  
Carla and Richard Benka

### **Roasters (cont.)**

Tracy and John Clark  
Nancy Daly and Kevin Cavanaugh  
Suzanne Salamon and Alan Einhorn  
Goddard House  
Barr and Joyce Jozwicki  
Kevin Lang & Shulamit Kahn  
Donna R. and Martin Kalikow  
Karen and Harold Petersen  
Richard and Winnie Rubino  
David and Melissa Trevvett  
Crispin B. Weinberg, Coolidge Corner  
Community Chorus

### **Wine Sponsors**

Lesley E. Christian  
Martha Huntley  
Minute Women Home Care  
Jennifer Read  
Carol and Morry Sapoznik

### **Toasters**

Anonymous (2)  
Brookline Municipal Credit Union  
Center Communities of Brookline  
Chestnut Park at Cleveland Circle  
Eleanor Clarkson  
Rita and Morgan Daly  
Mady Donoff  
David Dorer  
Rob Rudnick and Connie Everson  
Hanson Reynolds and Sharon Gray  
Marion Freedman-Gurspan  
Nancy Heller  
Robert and Ellen Helman  
Elizabeth and Edward Jacobs  
Kolbo Fine Judaica Gallery  
Levine Chapels  
Bruce and Shelley Lipschultz  
Judy and Jim Paradis  
Betsy Pollock  
Ruth Seidman

## FROM THE BOARD PRESIDENT

### Toasters (cont.)

Kim Smith  
Neil and Susan Wishinsky  
Sonia and William Wong

### Pastry Chefs

Anne Turner and Harry Bohrs  
Brookline Booksmith  
Helen Charlupski  
Jewel Chin  
Sharon Devine  
Eva B. and Eugene J. Deutsch  
Doris and Saul Feldman  
FriendshipWorks  
Hinda Goodstein  
Joyce Graff, Powerful Patient  
Larry and Yurika Geffin  
Sheila Hussey  
Ann and Howard Katz  
The Newbury of Brookline  
Bebe and Nicholas Nixon  
Lea Mannion  
Sylvia and Ralph Memolo  
Ed Blanchard and Margaret Morrill  
Mary Mullarkey  
Judy Meyers and Mark Pasternack  
Fran Perler  
Jeremy Redburn  
Sally Abrahms Rosenthal and David Rosenthal  
Cornelia Van Der Ziel  
Barbara and John Van Scoyoc  
Rebecca Stone and Stephen Walt  
Michael Weintraub  
Scott and Jackie Wellman



With gratitude,

*Betsy Pollock*

Brookline Senior Center Board President, MSW

We're grateful to ALL who enabled us to host an event that launches us into the future.

We also would like to thank the Winiker Band, Mei Mei, Mamaleh's, Taberna de Haro, Rifrullo, Wegmans, Whole Foods, and Trader Joes.

Accolades for Caity Enroth, our event graphic designer!

Thank you to our visionary Event Planning Committee!

Laura Baber  
Nancy Daly  
Debbie Miller  
Michael Roper  
Carol Sapoznik  
Emily Williams  
Lisa Wisel

A special thank you to Lisa Wisel for her work on the cookbook and Laura Baber for her outreach!

Thank you to our talented Staff Event Team!

Leanne Cordischi  
Jamie Donchin  
Kristine Farley  
Valerie Graf  
Krista Jarner  
Serena Johnson  
Anja Kuhlman  
Paul Lacy  
Willie Lewis  
Debbie Miller  
Jessica Milley-Gee  
Julie Washburn  
Emily Williams  
Vivian Williams

A special thank you to our Mailing Group Volunteers!

## IN APPRECIATION

### Annual Appeal Donors:

Joan Arnott  
Diane H. Baker  
Judith Bello  
Elizabeth True Browder  
Esther Bullitt  
Ruthann Dobek  
Sidney Edelman  
Saul Feldman  
Paula R. Gardner  
Sheryl Hilliard  
Robert Housman  
Amina Hussain  
Kirk James  
William Kantrowitz  
Joseph Maranzano  
Mary M. Mullarkey  
Bebe and Nick Nixon  
Maria Nobrega  
Lindsay Odonovan  
Kate Poverman  
Jean Preer  
Martin Rosenthal  
David Stern  
Cynthia Stinson  
Margaret Rowland Wilhelm  
Cheryl Whitfield  
"Marathon Steps" donors\*

### In Honor of Ruthann Dobek from:

Allen Waxman

### In Honor of:

Sherry Lee, from Michele Chin  
The medical rides, from Toby Taylor  
Tech assistance, from Elizabeth M. Fletcher

### In Honor of the AARP Tax Preparation Program from:

Ethel Miller  
Anonymous  
Diane Nelson

### In Memory of:

Lillian Adamsky, from Donald and Ellyn Robinson  
Jean Heister, from Anne Essaran  
Edna Lee, from Katie McClean  
Aaron Seidman, from Constantine Bialik and Margaret Guyer

### BrooklineCAN

Margaret Cain  
Janet Gelbart  
Bambi Good  
Dzidra Knecht  
Ellie Ladino  
Lida & Frank Lloyd  
Yolanda Rodriguez  
Judith Sher

\*Individual donor names can be seen hanging in the stairwell at the Brookline Senior Center

*Donations received after April 2nd will be posted in the next issue.*

*thank you!*

### Thinking of making a donation?

Visit our website to learn where your money goes and how to donate:

[brooklineseniorcenter.charityproud.org/Donate](http://brooklineseniorcenter.charityproud.org/Donate)

or simply mail your check to the:

Brookline Senior Center

93 Winchester Street, Brookline, MA 02446

**Questions? Call Debbie Good Miller,**  
Development Manager, at 617-651-1454

# UPDATES



## COFFEE WITH THE DIRECTOR

On **Monday, May 4, at 10:00 am**, Emily Williams will be holding her monthly coffee hour. Join us and share your ideas!

## CALL FOR LEADER AND PARTICIPANTS FOR THE MEN'S GROUP

We've received recent interest in reviving a Men's Group. If you're interested in leading or joining this group, please reach out to Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) or call 617-730-2753.

## EASY TRAVEL:

### CALL FOR PRESENTERS!

We are looking for enthusiastic travelers who would like to share their photos and stories from their recent or past travel adventures, no matter where they occurred around the world. If you're interested, please reach out to Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) or call 617-730-2753. Thank you!

## ANNUAL SIDEWALK SALE DONATION COLLECTION

**Tuesday, June 23, 10:00 am - 2:00 pm**

Our annual sidewalk sale will take place, rain or shine, and all proceeds will support the programs and services offered by the Brookline Senior Center. If you would like to donate items for the sale, please place them in the bins located outside the Council on Aging offices on the second floor of the Senior Center.

Please note: We are unable to accept items with plugs, clothing, linens, or large items. For any inquiries, feel free to reach out to Jamie Jensen at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) or call 617-730-2753.



The May Council on Aging Board meeting will be held on **Wednesday, May 13, 2026 at 1:00 pm**, via **Zoom and in-person at the Brookline Senior Center, Room 103**. This month, the COA welcomes guest Sam Mintz, Founding Editor of Brookline.News.

Please check the Town calendar for agenda and updates.

**To join via Zoom:**

<https://brooklinema.zoomgov.com/j/1603548830>

Meeting ID: 160 354 8830

To Join by Phone: 1-646-828-7666

YOU HAVE QUESTIONS ... WE HAVE ANSWERS



SENIOR CENTER  
OUTREACH

**BROOKLINE  
COA**

OFFICE HOURS  
PUTTERHAM LIBRARY

ON THE ROAD

A Brookline Senior Center Social Worker will be at The Putterham Library on the **second Wednesday of the month** to answer any questions you have about programs and services available at the Brookline Senior Center and through the Council on Aging.

**NO APPOINTMENT NEEDED**



If you need transportation, please call or email Anne Essaran at 617-730-2754, [aessaran@brooklinema.gov](mailto:aessaran@brooklinema.gov).

## AT A GLANCE: ONE-TIME PROGRAMS

### MONDAY, APRIL 4

10:00 am Coffee with the Director, p. 7  
1:30 pm The Art of Dunhuang, p. 10

### WEDNESDAY, MAY 6

9:30 am Dance Improvisation starts, p. 18  
11:00 am Anti-Inflammatory Diet, p.10  
1:00 pm Brookline Music School Concert, p. 10  
3:30 pm Lessons & Legacies, p. 19

### THURSDAY, MAY 7

11:00 am Research Includes Me, p. 11  
1:00 pm Ballroom and Latin Partner-Dance  
Workshops with Dance Caliente, p. 11  
3:30 pm Age Thrive Dance Classes start, p. 18

### MONDAY, MAY 11

1:00 pm S.S. Pierce: A Boston Tradition, p. 11

### TUESDAY, MAY 12

11:00 am Brookline Library Archives, p. 12

### WEDNESDAY, MAY 13

11:00 am Living Well at Home and Beyond, p. 12  
1:00 pm Council on Aging Meeting, p. 7

### THURSDAY, MAY 14

1:00 pm Dvinci Soul Concert, cover  
3:00 pm Ice Cream Social, p. 12

### MONDAY, MAY 18

1:00 pm Sparking Awe and Wonder Through  
Poetry, p. 12  
2:00 pm Council on Aging Book Group, p. 22

**If you can't come to a program,  
please call 617-730-2770 to cancel  
your registration so someone else  
from the waitlist can attend.  
Thank you!**

### TUESDAY, MAY 19

9:00 am Public issues Non-fiction Book  
Discussion Group, p. 22  
11:00 am Spring Transplanting Workshop, p. 12  
12:30 pm Monthly Birthday Party, p. 16  
1:00 pm Elder Law Education Month, p. 12

### WEDNESDAY, MAY 20

11:00 am Conversations about Real Estate for  
Seniors & Families, p. 13

### THURSDAY, MAY 21

11:00 am Elder Essentials: A Legal and Care  
Management Prospective, p. 13  
1:00 pm Ballroom and Latin Partner-Dance  
Workshops with Dance Caliente, p. 11

### WEDNESDAY, MAY 27

11:00 am Senior Medicare Patrol Presentation,  
p. 13  
12:00 pm Let's Go Out to Lunch Bunch, p. 16

### THURSDAY, MAY 28

11:00 am Pedestrian Safety, p. 13  
12:00 pm Legal Services Phone Clinic, p. 28  
1:00 pm Lerner & Loewe's "My Fair Lady", p. 13

#### DID YOU KNOW?

You don't have to be a member of the Senior Center to come to our programs. We don't even have a membership!

As a reminder, our programs are open to anyone regardless of age or residency; however, our services are only open to Brookline residents aged 60 plus. This includes, but is not limited to, social work services, the Tax Work Off program, the H.E.L.P. program, and transportation services.

## AT A GLANCE: ONGOING PROGRAMS

### MONDAY

10 am-11 am Virtual Short Story Social  
 10:30 am-12:30 pm Kitchen Remedies/Home Org.  
 11 am-12 pm Pet Therapy Visit (4)  
 11 am-12 pm Words Galore (11 and 18)  
 11 am-12 pm Dance Fitness with Denise  
 12 pm-2 pm Drop in Ping Pong  
 1 pm-2:30 pm Ukulele (4 & 18)  
 2 pm-3 pm Drop in Ping Pong (Beginners)  
 2:30 pm-4 pm Brookline Band

### TUESDAY

9 am-10 am Broadway Dance  
 9 am-10 am Stretch & Strength Class  
 10:30 am-11:30 am A Taste of Qigong  
 10:30 am-12 pm Brookline Bees  
 12 pm-1 pm Gentle Fitness  
 1 pm-2 pm Virtual French Conversation  
 1 pm-3 pm Tuesday Film Series  
 1:15 pm-2:30 pm Wise Aging Group  
 3 pm-5pm Chess Lessons & Games  
 4 pm-5 pm Singing Together Virtually (12)

### WEDNESDAY

9:00 am-11:00 am Food Commodity (20)  
 10 am-11 am Sports Fan Forum  
 10 am-12 pm Scrabble  
 10:30 am-12 pm Digital Home Healthcare for Seniors  
 11 am-12 pm Broadway Dance  
 12 pm-4:30 pm Drop in Ping Pong  
 1 pm-1:45 pm Zumba Gold (no class on 6)  
 1 pm-3 pm ESL Class  
 2:00 pm-3:00 pm Investors Group (20)  
 6 pm-8 pm Acoustic Jam

### THURSDAY

1 pm-2 pm Online Dance Party  
 1 pm-2 pm Crafts- Ivy Street School  
 1 pm-3 pm Chess Lessons & Games  
 2 pm-4:30 pm Knitting Group  
 2 pm-3:15 pm Mindfulness Group (7, 21, 28)  
 2:15 pm-4:30 pm Intermediate Mah Jong  
 2:30 pm-4 pm Spanish 1 Lessons  
 3:30 pm-4:45 pm Art Class with Ilana

### FRIDAY

9 am-11 am Rummikub  
 9 am-12 pm Bridge for Experienced Players  
 10:30 am-12 pm Senior Sing-a-Long  
 10:30 am-12 pm Current Events  
 12 pm-4:30 pm Drop in Ping Pong  
 3 pm-5pm Chess Lessons & Games



## NEW PROGRAMMING

### SAVE-THE-DATE: ANNUAL SHREDDING EVENT

**Monday, June 1, 10:30 am-1:30 pm**

The annual mobile shredding truck will be at the Senior Center, courtesy of Norfolk District Attorney, Michael Morrissey. The truck does shred onsite, but due to volume, you will not be allowed to stay and watch your materials being shredded. To schedule a required assigned appointment time, please call 617-730-2770.

### THE ART OF DUNHUANG: ANIMATE HISTORY!

**Monday, May 4, 1:30-2:45 pm**

Join Hudson Chen to explore the Dunhuang Grottoes, a premier art treasure of the Silk Road. Discover how digital animation brings ancient murals to life, focusing on themes of tolerance, kindness, and awakening. Participants will engage with a famous mural, create their own character animations, and collaborate to produce a short animated film, connecting with ancient Silk Road artists.

This program is made possible by the generous funding of the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Please register at 617-730-2770.

### ANTI-INFLAMMATORY DIET

**Wednesday, May 6, 11:00 am-12:00 pm**

Join Dr. Jenny Lu as she discusses the impact of an anti-inflammatory diet on overall health. Chronic inflammation is linked to various conditions like heart disease and diabetes. Evidence suggests that diet can influence inflammation by promoting nutrient-dense foods and limiting inflammatory ones. Dr. Lu, a Harvard-trained physician-scientist with over 20 years of experience, will share insights on how dietary patterns can support organ function. Please register at 617-730-2770.

### BROOKLINE MUSIC SCHOOL CONCERT: AFTERNOON PIANO SERENADES

**Wednesday, May 6, 1:00-2:00 pm**

Enjoy a classical concert featuring solo pianist Huan Li, praised for her “stunning pianism” by The Boston Musical Intelligencer. Huan has performed in Austria, China, France, Switzerland, and the U.S., excelling as both a soloist and chamber musician. Huan holds degrees from Juilliard and a Graduate Diploma from the New England Conservatory, and is currently pursuing her Doctor of Musical Arts. Please register at 617-730-2770.



**BRJE** BROOKLINE FOR RACIAL JUSTICE & EQUITY

**LESSONS & LEGACIES:**  
An Intergenerational Conversation  
on Racial Justice and Resistance  
MAY 6 | 3:15 PM | 93 WINCHESTER ST, BROOKLINE

BRJE is partnering with the Brookline Senior Center to host an intergenerational conversation on racial justice and resistance, featuring community elders and high school students in dialogue about past and present struggles and the possibilities ahead.

**ALL ARE WELCOME!**

### DANCE IMPROVISATION

**Wednesdays, May 6 through June 24,  
9:30-10:30 am**

See more on page 18.

### AGE THRIVE DANCE CLASSES

**Thursdays, May 7 through June 25,  
3:30-4:30 pm**

See more on page 18.

## NEW PROGRAMMING



### **BALLROOM AND LATIN PARTNER-DANCE WORKSHOPS WITH DANCE CALIENTE**

**Thursdays, May 7 & 21, 1:00-2:30 pm**

Discover the joy of Partner-Dancing featuring Foxtrot, Rumba, Swing and more! Eileen Herman-Haase and Raul Nieves, owners of Dance Caliente, are ready to share their love of dance with you. Sign up for 1 or both Ballroom and Latin Partner-Dance Workshops. Whether you are a beginner or seasoned dancer, you will find Dance Caliente's teaching methods, like their signature "Oonka Ah," an alternative to counting, makes learning attainable and fun. See how it helps you master the rhythms of music, become in sync with your partner while keeping you laughing each step of the way. This program is made possible by the generous funding of the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Please register at 617-730-2770.



### **RESEARCH INCLUDES ME**

**Thursday, May 7, 11:00 am-12:00 pm**

Who should be included in clinical research? Everyone! Join Inside Edge as they talk about clinical trials and why representation in them is so important. This short, discussion-based presentation will cover what clinical trials are, why clinical research is important, and why they matter to our everyday lives. Please register at 617-730-2770.

### **S.S. PIERCE: A BOSTON TRADITION**

**Monday, May 11, 1:00-2:00 pm**

Author Anthony Sammarco discusses local legend Samuel Stillman Pierce, who opened his store in 1831 in Boston, prioritizing reputation over profit. Pierce became known for providing groceries and goods to Bostonians and ships, bartering for exotic items. His store, S.S. Pierce & Company, thrived for four generations, featuring a distinctive red label and motto "Puritas et Cura." It offered a wide assortment of delicacies at eight New England locations and through distributors worldwide. This event is generously sponsored by The Newbury of Brookline. Please register at 617-730-2770.



## NEW PROGRAMMING

### **LIVING WELL AT HOME AND BEYOND: UNDERSTANDING YOUR OPTIONS WITH CONFIDENCE AND CLARITY**

**Wednesday, May, 13, 11:00 am-12:00 pm**

Explore senior living and home care options with confidence. Topics will include senior living options (Independent Living, CCRCs, and Assisted Living) and what they offer, as well as information about Memory Care, Memory Cafes, and Adult Day Health. You will learn what to look for and what questions to ask when vetting an agency, what services are provided by home care, and what to know about caregivers and screening them. Presented by Deb Tishler, RN, Senior Advisor, and Susan McManus, Director of Client Services at Right at Home Boston/Metrowest. Please register at 617-730-2770.

### **BROOKLINE LIBRARY ARCHIVES**

**Tuesday, May 12, 11:00 am-12:00 pm**

Join Grace, Archivist at the Brookline Public Library, for an informative presentation on the Library's archives. She will show their digitized newspapers, digitized photos, and manuscript collections. Grace is working to organize and make available a catalog of the Library's physical materials. Appointments are needed to view them; however, the digitized items are accessible at all times through the Library's website. Please register at 617-730-2770.

### **MARATHON CELEBRATION ICE CREAM SOCIAL**

**Thursday, May 14, 3:00-4:00 pm**

Join us on our patio/coffee lounge (weather permitting) to enjoy ice cream and thank our marathon runners. Please register at 617-730-2770.



### **SPARKING AWE AND WONDER THROUGH POETRY**

**Monday, May 18, 1:00-2:00 pm**

Author and Psychology Today blogger Val Walker shares how moments of awe and wonder—from nature to music to everyday experiences—can spark our curiosity and keep us interested in exploring new experiences. In short, wonder and curiosity increase our brain health (plasticity). Through awe-inspiring poetry and personal stories, and a fascinating bit of neuroscience, learn how wonder supports connection, meaning, and healthy aging. We will read poetry from Rumi, Mary Oliver, Wendell Berry and others—and attendees are welcome to share their own stories of wondrous moments. Please register at 617-730-2770.

### **SPRING TRANSPLANTING WORKSHOP**

**Tuesday, May 19, 11:00 am-1:00 pm**

Join the Brookline Pollinator Pathway group at the Senior Center to learn about how to prepare recycled newspaper pots and how to transplant winter sowed seedlings. Take home a seedling to plant in your garden. Space is limited, so please register at 617-730-2770.

### **ELDER LAW EDUCATION MONTH**

**Tuesday, May 19, 1:00-2:00 pm**

Elder Law Attorney Susana Lannik will discuss a variety of topics, from wills and trusts to probate, estate planning, and long-term care. If you have general questions, please call Jamie at 617-730-2753 so these topics can be included; otherwise, please register at 617-730-2770. This program is sponsored by the Massachusetts Bar Association with generous assistance and continued collaboration from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. This program is coordinated by the MBA in celebration of Law Day.

## NEW PROGRAMMING

### CONVERSATIONS ABOUT REAL ESTATE FOR SENIORS & FAMILIES

**Wednesday, May 20, 11:00 am-12:00 pm**

Does your current home serve your needs? Join this interactive seminar to learn the top 10 tips on downsizing, rightsizing, 1st time homebuying, senior communities and budget friendly housing. We will cover the pros and cons of 2nd homes, condos, single floor living and moving closer to family. Presenters will be realtors Emily Beal and David Dowd from Sell Mom's House and LAER Realty. Please register at 617-730-2770.

### ELDER ESSENTIALS: A LEGAL AND CARE MANAGEMENT PROSPECTIVE

**Thursday, May 21, 11:00 am-12:00 pm**

Join experienced Attorney William Talis, Esq., and Registered Nurse Lynn Schuster, RN, for an informative and practical discussion on navigating the complexities of aging and elder care. Please register at 617-730-2770.

### SENIOR MEDICARE PATROL PRESENTATION

**Wednesday, May 27, 11:00 am-12:00 pm**

Protect yourself from Medicare fraud! Healthcare errors, fraud, and abuse cost billions of dollars annually. This negatively affects both the Medicare program and the American taxpayer and can have devastating health-related outcomes. A representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide you with important information and necessary tools to become a better engaged healthcare consumer. Please register at 617-730-2770.



### PEDESTRIAN SAFETY

**Thursday, May, 28, 11:00 am-12:00 pm**

Join Veronica Topp from Brigham & Women's Hospital's Stepping Strong Center for Trauma Innovations for a pedestrian safety training. Walking is an important part of staying active and connected. In this training, you will learn key pedestrian safety facts, simple tips to stay safe while walking, and ways to work together to make streets safer for everyone. Please register at 617-730-2770.

### LERNER & LOEWE'S "MY FAIR LADY"

**Thursday, May, 28, 1:00-2:00 pm**

Join us for this interesting multimedia presentation by Theatre Director Debra Block. This play examines themes of social class, identity, and self-worth. Can two people from completely different social classes truly fall in love—and make it work? Please register at 617-730-2770.

## SAVE-THE-DATES

### WHERE EAST AND WEST INTERTWINED: A SILK ROAD TAPESTRY OF CIVILIZATIONS

**Monday, June 1, 1:30-2:45pm**

Join us to make silk wool art works with patterns designed from the Dunhuang Grottoes on the Silk Road from the 4th to 14th century. This program is made possible by the generous funding of the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Please register at 617-730-2770.

### MARIE LAVINE MEMORIAL CONCERT


**Thursday, June 2, 1:00-2:00 pm**

Join us to celebrate the life of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater. The concert is lovingly underwritten annually by Marie Lavine's daughters, Eileen Solomon, and Kathy Sue Lavine. The Winiker band will entertain us with an eclectic program, playing music that Marie loved. Following the concert enjoy delicious desserts, including homemade chocolate chip cookies, Marie's favorite, and a raffle. Please register at 617-730-2770.

### INDIGENOUS THEMES FOR THE 250TH ANNIVERSARY OF THE FOUNDING OF AMERICA

**Thursday, June 4, 1:00-2:00 pm**

White Snake Project, an activist performance company based in Brookline, will engage the Brookline community in uplifting Indigenous perspectives during the 250th anniversary celebration of America's founding, commissioning Native lyricists and composers for a performance and a panel discussion. The generous funding of this program comes from the Brookline Community Foundation. Please register at 617-730-2770.



**Caring for Ourselves Through Our Stories & Traditions**  
COME SHARE STORIES, LISTEN, AND CONNECT.

---

**DATE: JUNE 10 – JULY 8**  
**TIME: WEDNESDAY, 1:00-2:00 PM**

Led by Maryam Hassoon, LICSW  
To join, call 617-730-2770 to register (space is limited)

Join us for a welcoming 5-week group where we explore how culture, traditions, and life experiences shape the way we care for ourselves.

**Each week, enjoy:**

- A short, peaceful guided meditation (2–5 minutes)
- Friendly group conversation around weekly topics
- Thoughtful, gentle questions to spark meaningful sharing
- A caring space where your voice matters

### TRAVEL CLUB SAVE THE DATE: MUSEUM OF FINE ARTS TRIP

**Wednesday, June 10, 10:30 am-12:30 pm**

Join us for a self-guided tour of the MFA to explore its many offerings. Raffle for attendance will be on June 3 and winners will be called then. Transportation leaves the Center at 10:15 am. This trip is generously sponsored by Nancy and Kent Van Zant. Please register at 617-730-2770.



## ONGOING PROGRAMMING

### SAVE-THE-DATE: BROOKLINE MEMORY CAFE

**Tuesday, June 9, 1:00- 2:00 pm, at Putterham Library**

The Memory Café returns to Brookline starting in June on the 2nd Tuesday of each month! This free monthly Café is a way for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. This program is co-sponsored by the Brookline Senior Center, Minute Women Home Care, and the Putterham Library. Please register at 617-730-2770. If you need transportation from the Senior Center to the Library, please notify us at time of registration.

### WISE AGING GROUP: LIVING WITH JOY, RESILIENCE AND SPIRIT

**Tuesdays, May 5 through June 9, 1:15 - 2:30 pm**

There are no set of instructions, norms or rules for getting older. As a community of wise agers, we will navigate this stage of life with a deeper sense of meaning and purpose. Based on the book, *Wise Aging*, Dinah Gilburd, LICSW, will facilitate the group, as we explore how we want to spend the rest of our one precious life. Our hopes, fears and triumphs will be shared with rich conversations, laughter and helpful insights. Participants are asked to either purchase or borrow the book from the Center. **Space is limited.** Please register with Jamie at 617-730-2753.

### DIGITAL HOME HEALTHCARE FOR SENIORS

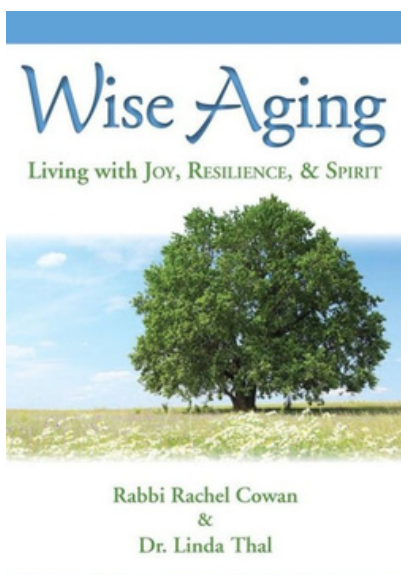
**Wednesdays through May 13, 10:30 am - 12:00 pm**

Join instructor Allen Waxman for this continued course, now in its 4<sup>th</sup> year. Home healthcare has moved into the digital age, with 38% of seniors using at least one health app on their smartphone. Health apps and connected devices enable seniors to monitor and be informed on many aspects of their own health, and to easily share this information with family and healthcare providers. This course will describe and demonstrate a variety of healthcare apps and medical devices that connect with smartphones.

Each session will focus on a particular health theme:

- Respiratory health
- Sleep, stress & pain health

Seniors using smartphones and tablets (Apple or Android devices) are welcome to attend any and all sessions. To register, call 617-730-2770 and provide your name, email address, and smartphone number.



## ONGOING PROGRAMMING

### KITCHEN REMEDIES

**Mondays, 10:30 am-12:30 pm**

Join Zipora Vainstein to learn how food is medicine. She shows simple educational videos, samples healthy foods, and shares her passion for healthy living. Drop-ins welcome!

### PET THERAPY VISIT

**Monday, May 4, 11:00 am-12:00 pm**

Enso, the Goldendoodle, looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on Mondays, May 4 and 18. Otherwise known as the “Curly Coated Gentleman,” Enso has worked as a therapy dog for the past two years in settings such as, libraries and retirement residences.

### MAY BIRTHDAY PARTY

**Tuesday, May 19, 12:30-1:00 pm**

Thank you to Stop & Shop for providing the delicious birthday cake! Please register at 617-730-2770.



You are welcome to join us beforehand for lunch as well. Please reserve a lunch by calling 617-730-2747 by the prior business day before 10:30 am.

### LET'S GO OUT TO LUNCH BUNCH

**Wednesday, May 27, 12:00-1:30 pm**

(leaving the Senior Center at 11:30 am)  
We will be going to The Abbey. If it is a good day, we hope to eat outside! Participants pay for their own meal and tip. Space is limited, please register at 617-730-2770.

### BROOKLINE BEES

**Tuesdays, 10:30 am-12:00 pm**

May flowers are bursting out! The lovely quilt (below) by Jude Bennett celebrated the flowers of May and it was raffled off to a lucky winner at our annual Volunteer Luncheon in April.

We are busy preparing items for the June Sidewalk Sale—including a selection of beautiful tote bags and some apron-like carriers for a walker. Show off some stylish colors, and carry your phone, pen, and other essentials in your walker apron.

Mother's Day is May 14. Make something special for your own mother—and/or the mothers of your grandchildren! We love collaborating on baby quilts. Our group has made more than a dozen baby quilts in the last year...often the first quilting project of the proud grandmother!

Friday, May 22 will be an Open Sewing day. Joyce will be in our workroom from 10 am-4 pm. Anyone is welcome to come make items for the craft sale, or work on your own project with tools and coaching available. Joanne has been busy making baby quilts for her growing family!

Please note that Tuesday, May 5, is voting day in Brookline. The Bees will not meet that day—be sure to vote!

Downsizing? We are always glad to receive fabric, notions and equipment in good condition. Thank you!



## ONGOING PROGRAMMING

### SPORTS FAN FORUM

**Wednesdays, 10:00-11:00 am**

Calling all sports fans! Join the Fan Forum to share the joys and frustrations of sports fandom. We'll discuss daily news, relive memorable moments, and make predictions about the future of sports. The group is facilitated by Conor McDermott Welch, LICSW. Register with him at 617-730-2751 or [cwelch@brooklinema.gov](mailto:cwelch@brooklinema.gov)

### INVESTORS GROUP

**Wednesday, May 20, 2:00-3:00 pm**

Join us to discuss investing ideas, products, and market trends, whether you're a casual investor or a billionaire. Note: We do not pool funds, make joint investments, or provide investment advice. Please register at 617-730-2770.

### CRAFTS WITH IVY STREET SCHOOL

**Thursdays, 1:00-2:00 pm**

The students will join us and have crafts ready. Join us for some intergenerational fun!



### KNITTING GROUP

**Thursdays, 2:00-4:30 pm**

Join this peer-led group of knitters from beginner to advanced. Learn new techniques and have fun with friends knitting items for yourself, loved ones, and the community. You are welcome to bring your own supplies, but there are also a variety of supplies available.

### MINDFULNESS GROUP

**Every other Thursday, 2:00-3:15 pm  
(this month on May 7, 21, and 28)**

Mindfulness is a way to learn how to focus on the present in everything we do. At the Senior Center and via Zoom, join Debby Beck as she explores the different dimensions of mindfulness with us. Debby has brought mindfulness into her clinical work and teaching for over 20 years. Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### ART CLASS WITH ARTIST ILANA

**Thursdays, 3:30-4:45 pm**

Ilana is a high school student passionate about art. She launched her own business, IVP Designs, where she creates custom portraits for her clients. She has experience teaching art as a volunteer at 2Life Communities and at School is Cool in Brookline. Please register at 617-730-2770.

### CURRENT EVENTS

**Fridays, 10:30 am-12:00 pm**

Come share your thoughts and interact with others about what is going on in today's world, whether it be local, national or international. It's a fun and informative event for all.

### GALLERY 93

**Snapshot  
Works by  
Chris Faust  
through May 28**



## DANCE & FITNESS

### DANCING THROUGH THE DECADES

**Mondays, 11:00 am-12:00 pm**

Fitness instructor Denise Harrington plays the best music. Her variety includes popular songs from the '20s through the '90s. Please register at 617-730-2770.

### BROADWAY DANCE CLASSES

**Tuesdays, 9:00-10:00 am**

**Wednesdays, 11:00 am-12:00 pm**

Join fitness instructor Denise Harrington to have fun dancing to Broadway show tunes. Props included! Please register at 617-730-2770.

### STRETCH AND STRENGTH

**Tuesdays, 9:00-10:00 am**

Join Mia to boost mobility and build strength through safe, low-impact exercises tailored for all abilities. Participants use chairs, light dumbbells, and bodyweight in a supportive environment to enhance flexibility and muscle tone. Please register at 617-730-2770.

### A TASTE OF QIGONG

**Tuesdays, 10:30-11:30 am**

Qigong ("chee- gung") is a practice that fosters mental and physical balance through the harmonious integration of breath, movement, and awareness. It can be practiced at any age to enhance overall health and well-being. Feel free to drop in at any time and discover something new!

### GENTLE FITNESS

**Tuesdays, 12:00-1:00 pm**

Join volunteer Cara as she leads us in gentle fitness exercises, including chair yoga, balance, and stretching. Space is limited, so please register at 617-730-2770.

### DANCE IMPROVISATION

**Wednesdays, May 6 through June 24,  
9:30-10:30 am**

Featuring many styles of music, this class provides fun ways to warm up the body-brain connection, spatial awareness, stretch, strength, balance, clarity, as well as using our voice. All levels of movement and abilities are welcome to join. Chairs are available. Please wear comfortable clothing and shoes to move in. Please register at 617-730-2770.



### ZUMBA GOLD

**Wednesdays, 1:00-1:45 pm**

Get in shape and have fun with Emily Brenner! Classes are \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Senior Center Foundation, a 501 (c)(3) corporation that supports Senior Center programming. Please register at 617-730-2770. **No class on May 6.**

### VIRTUAL DANCE

**Thursdays, 1:00-2:00 pm**

Online Dance Party with Lynn Modell. For information on how to connect, please contact Lynn at [lemodell@gmail.com](mailto:lemodell@gmail.com)

### AGE THRIVE DANCE CLASSES

**Thursdays, May 7 through June 25, 3:30-4:30 pm**

Age Thrive is a Movement Meets class for all self-identified seniors, regardless of experience or mobility. It promotes the joy of dance while enhancing mobility, strength, and flexibility through upbeat exercises. These free classes foster community in a supportive atmosphere, and require no prior dance experience. Variations will be offered to cater to different abilities. Please register at 617-730-2770.

#### PLEASE NOTE:

**If you have registered for an ongoing class before, you do not need to re-register.**

# FITNESS

## SOCIAL WALKING GROUP

We welcome both active walkers and strollers to meet up with peers for a variety of walks in and out of the area. To be included on the group's email list in order to exchange ideas for future walks with each other, please contact Jamie [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## FITNESS CENTER UPDATE

As you may know, the Senior Center is in the process of searching for a new Fitness Center Coordinator. We will continue to provide new updates here so please stay tuned. In the interim, we wanted to share a few reminders:

## NEW APPLICATIONS

We are still accepting new Fitness Center applications; however, new applications will not be processed until we have hired a Coordinator.

Please feel free to drop off your application in the Council on Aging offices (2<sup>nd</sup> floor). New applications will be dated so we can follow up in the order received once our new Coordinator is in place.

## PAYMENTS

For members who drop off their payments in person each month, please temporarily direct those payment envelopes to Julie Washburn, Supervisor of Services. Julie has a mailbox on the 2nd floor in the Council on Aging offices. Members who make their monthly payments online may continue to do so. **Please DO NOT leave any payments in the Fitness Center.**

## QUESTIONS OR CONCERNS?

Please temporarily direct any questions or concerns regarding the Fitness Center to the Social Worker of the Day by calling 617-730-2777.



## C·A·R·E·S Brookline

COMMUNITY ACCESS TO RESOURCES & ESSENTIAL SERVICES

RESOURCES AVAILABLE IN OVER 100 LANGUAGES

Including  
-EN ESPAÑOL - РУССКИЙ ЯЗЫК - 中文 - EM PORTUGUÊS- 한국어

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- Financial Assistance • Legal Support •
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RESIDENTS NOW!

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[www.CARESBrookline.com](http://www.CARESBrookline.com)

Enter your **Brookline  
Zip Code** to start  
searching:

02445  
02446  
02467



## NEED ADDITIONAL ASSISTANCE?

Contact Resource Navigator for Brookline's Department of Public Health & Human Services;  
**Eliza Usen, MSW**  
By Appointment:  
Email: [EUsen@BrooklineMa.Gov](mailto:EUsen@BrooklineMa.Gov) Office Phone: 617-730-2652

## GAMES & LANGUAGES

### BACKGAMMON

Looking for interested players! Please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### BEGINNER'S BRIDGE

Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) to connect with Bridge Coordinator to either learn or be matched with experienced players.

### BRIDGE FOR EXPERIENCED PLAYERS

**Fridays, 9:00 am sharp until 12:00 pm**  
To get into the rotation, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### CHESS LESSONS & GAMES

**Tuesdays, 3:00-5:00 pm**  
**Thursdays, 1:00-3:00 pm**  
**Fridays, 3:00-5:00 pm**  
Facilitator Mark enjoys helping others discover the fun of chess as a game for everyone.

### CRIBBAGE

Please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### INTERMEDIATE MAH JONG

**Thursdays, 2:15-4:30 pm**  
Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### PING PONG

**Mondays, 12:00-2:00 pm**  
**Mondays, 2:00-3:00 pm (beginners only)**  
**Wednesdays and Fridays, 12:00-4:30 pm**

### RUMMIKUB

**Fridays, 9:00-11:00 am**  
With coordinator Hedwig Baillie.

### SCRABBLE

**Wednesdays, 10:00 am-12:00 pm**  
Boards galore available.

### WORDS GALORE

**Mondays, May 11 and 18, 11:00 am-12:00 pm**  
Join Val for an hour of word play and brain teasers, ideal for language lovers. Please register at 617-730-2770.

### ESL CLASS

**Wednesdays 1:00-3:00 pm**  
Dick Morse, ESL instructor, hosts weekly classes for advanced English learners. He welcomes new students and can be reached at 617-734-5113 or [richard\\_p\\_morse@msn.com](mailto:richard_p_morse@msn.com)

### SPANISH LESSONS

**Thursdays, 2:30-4:00 pm**  
Soledad Phelan provides lessons on basic phrases and words for effective communication. Originally from Peru, she has extensive teaching experience in both Peru and the US with diverse groups. Please register at 617-730-2770.

### VIRTUAL FRENCH CONVERSATION GROUP

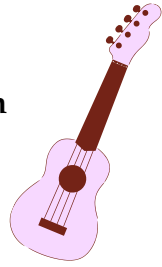
**Tuesdays, 1:00-2:00 pm**  
New members, regardless of level of proficiency in speaking French, are invited to join. For questions or to connect, please email Monique Richardson at [mona647@comcast.net](mailto:mona647@comcast.net)



## MUSIC

### UKULELE

The Ukulele class meets two **Mondays** each month (**this month on May 4 and 18**). Newer participants can come at 1:00 pm and the others will join us from 1:30-2:30 pm. This class includes learning the basic chords and strums while having fun singing easy songs to improve your playing skills. For more information, contact Judy Chasin at [hearojudy51@gmail.com](mailto:hearojudy51@gmail.com)



### BROOKLINE BAND

**Mondays, 2:30-4:00 pm**

The Senior Center invites instrumentalists to join the Brookline Band! Join us to play songs from the Great American Songbook. To register, please call 617-730-2770.

### SONGS OF ISRAEL'S POPULAR SINGER-SONGWRITERS

Join us to discuss and enjoy the lyrics and tunes of Israel's decades-long soundtrack. Texts will be provided in both Hebrew and English.

Meets on Zoom monthly on **Monday evenings (typically the 4th Monday) from 7:30-9:15 pm**. To register for the link, email Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### SINGING TOGETHER VIRTUALLY

**Tuesday, May 12, 4:00-5:00 pm**

The Sing-A-Long group on Zoom sings mostly folk songs from times gone by and we have several instrumental players to lead the songs. The words will be displayed on your screen. Don't worry if you think you can't sing, as everyone but the leader is muted, so you can just listen or sing along. For Zoom link, contact Judy Chasin at [hearojudy51@gmail.com](mailto:hearojudy51@gmail.com)

### ACOUSTIC EVENING JAM

Do you play an acoustic instrument and/or sing? Brookline Acoustic meets on **Wednesday nights from 6:00-8:00 pm at the Senior Center** for an informal jam.

### SENIOR SING-A-LONG

**Fridays, 10:30 am-12:00 pm**

The Sing-A-Long always welcomes new members to add to its already enthusiastic roster of singers. This group is led by Joe Reid.



### AMATEUR CLASSICAL MUSIC JAM

Attendees play together and sight read. Please bring your stands and music if you would like to play with others. If you are interested and want to find out when the group is meeting, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)



## BOOKS AND STORIES

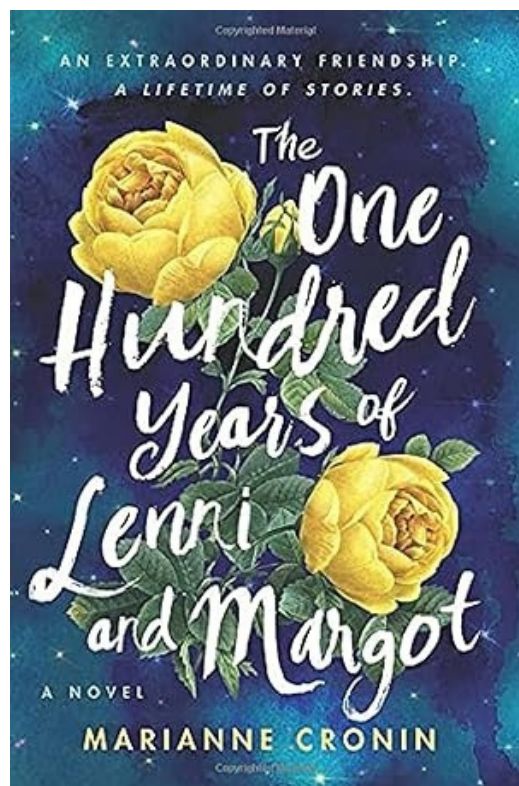
### COUNCIL ON AGING BOOK GROUP

This group is held **on the third or fourth Monday of each month**. The group meets at **2:00 pm, both online and in-person at the Putterham library branch**. For more information on how to connect via Zoom, visit: <https://us02web.zoom.us/meeting/register/tZykdu-vqz4pE9AZ8Edpe7IIGTuijev32avE#/registration>

Please contact Ginger O'Day, Branch Supervisor at Putterham Library, for updates and questions at 617-730-2385.

**Monday, May 18 at 2:00 pm**

*The One Hundred Years of Lenni and Margot* by Marianne Cronin

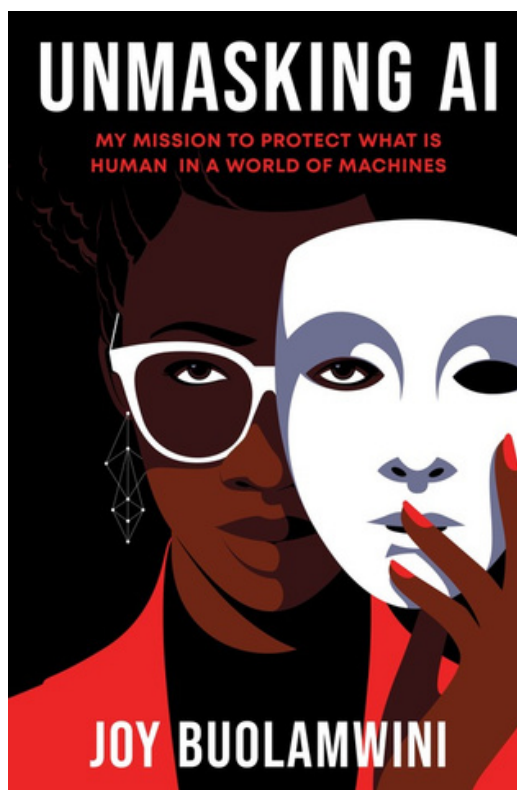


### PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

Volunteer Cindy Palmquist is challenging your thinking every month on the **third Tuesday of the month from 9:00-10:00 am** with our non-fiction book discussion group centered on public issues, history, current events and other non-fiction topics. The Public Library of Brookline (Coolidge Corner Branch) will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged.

**Tuesday, May 19 at 9:00 am**

*Unmasking AI* by Joy Buolamwini



### SHORT STORY SOCIAL

A good short story can provide the basis for a great discussion! We will send you the story by email or hard copy to read at your leisure. Then we will meet up via Zoom **every other Monday, from 10:00-11:00 am**. For more information and to sign up for the story and discussion, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## FILMS

CLASSIC MOVIE MONTH  
TUESDAYS AT 1:00 PM

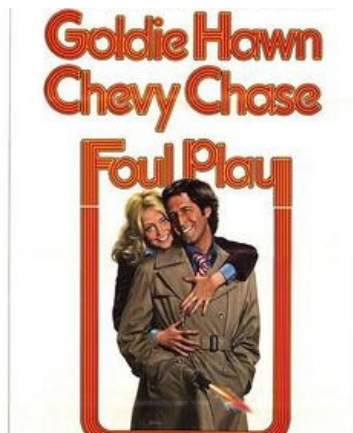
May 5



**The Court Jester**  
(1955, 1 h 41m)

A hapless carnival performer masquerades as the court jester as part of a plot against an evil ruler who has overthrown the rightful King.

May 12



**Foul Play**  
(1978, 1 h 56m)

A San Francisco librarian picks up a hitchhiker whose car has broken down, which leads to her being stalked and hunted by shady individuals. A cop she briefly met during a function eventually comes to her rescue.

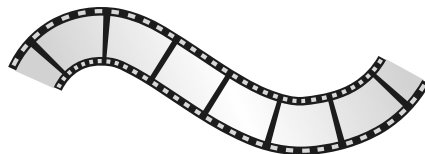
May 26



**Hester Street**  
(1975, 1 h 29m)

In 1896, a Russian Jewish woman immigrates to New York City's Lower East Side to reunite with her Americanized husband, but she has difficulty assimilating.

No movie on May 19 due to Elder Law Education Month Event.



## WEDNESDAY MOVIE LOVERS

Watch a movie at home one week and then join a discussion on the following week. Bonnie Lass, the group facilitator, will email the name of a movie to the group from the free streamed movie listings on Kanopy, a service hosted by the Brookline Public Library. You can access the movie on your computer and watch at your convenience.

On the **following Wednesday from 3:00-4:00 pm**, via **Zoom**, the group will meet for a lively discussion about the movie. Please contact Bonnie at 617-734-9702 or [bonnie Lass@gmail.com](mailto:bonnie Lass@gmail.com) with questions, schedule, and requests to be included.

## LUNCH & FOOD

### FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program in partnership with the Greater Boston Food Bank. If you are an income eligible older adult, age 60+, and you would like to receive 35 pounds of shelf stable food on the third Wednesday of each month, please contact Jamie Jensen at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

The next distribution is on **Wednesday, May 20, from 9:00-11:00 am.**

### SPRINGWELL LUNCH PROGRAM

Participants have the option to take their “grab and go” lunch home (HOT lunch choice only) OR to have their “grab and go” meal warmed up in the kitchen so they can eat lunch with others in our dining room **Monday-Friday from 12:00-12:30 pm.** A cold lunch option is also available for dine-in only at the Center.

**PLEASE NOTE:** We need to know one business day in advance before 10:30 am which option you prefer. You can make your reservation by calling 617-730-2747 or you can pick up a monthly menu at the Senior Center. The menu can also be viewed on our website: <https://www.brooklineseniorcenter.org/whats-for-lunch/>

Suggested donation is \$2.50 per meal. If you are calling in your lunch reservation, please leave your name, telephone number, whether you want a hot or cold entrée, and state whether you plan to take your meal home (hot lunch choice only) or to dine in that day.

If you are filling out a monthly menu, please write your name on the menu, circle “GG” to take your meal home or “DR” to eat in the dining room that day and select a hot or cold entrée.

**Please note there will be no Springwell lunch on Monday, May 25.**

### BROOKLINE FOOD PANTRY

The Brookline Food Pantry is open to Brookline residents who are in need of food. To qualify for emergency food assistance, individuals must be a Brookline resident (proof of address required) and meet financial and food insecurity guidelines such as (but not limited to) receiving services from Masshealth, SNAP, RAFT, and SSI.

If unsure as to whether you qualify, please call Elizabeth Boen, Director, at 617-800-5339. If you do not live in Brookline, the Greater Boston Food Bank can help you find a pantry in your area. Contact them at 617-427-0146 or visit: <https://www.gbfb.org/>

Clients are permitted to shop at one of our pantry locations once a week and you must have a valid ID to shop.

**226 High Street  
Community Room  
Tuesdays: 3:00-7:00 pm**

**210 Harvard Street  
United Parish  
Wednesdays: 2:00-5:00 pm  
Thursdays: 10:30 am-1:00 pm  
Friday: 10:30 am-1:00 pm**

### PROJECT BREAD FOODSOURCE HOTLINE

If you are in need of additional food resources, please call the Project Bread FoodSource Hotline at 1-800-645-8333. If you have other questions, please call the Brookline Senior Center Social Worker of the Day at 617-730-2777.

# SUBSIDIZED TRANSPORTATION

## MEDICAL TRANSPORTATION

The Brookline COA coordinates grant funded, subsidized non-emergency medical rides for Brookline residents age 60+.

**The program is limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max). To certify eligibility, please contact Transportation Coordinator Sebastian Ware at 617-730-2644.**

Schedule a ride by calling 617-879-4878 at least three business days prior to the appointment. Provide your name, phone number, and appointment details. Expect a confirmation call within one to two business days.

Rides are available Monday - Friday, 8am - 5pm. Riders must call dispatch for return ride no later than 4:45 PM.

No service on Senior Center closure days.

Service Guidelines:

- Curb-to-curb rides are available to traditional healthcare facilities (i.e. hospitals, clinics, or doctor offices) within Brookline and select locations in Boston and Chestnut Hill (02467), including:
  - Longwood Medical Area
  - Harvard Vanguard - Kenmore
  - Mass General
  - Mass Eye & Ear
  - Faulkner Hospital
  - Boston Medical Center
- Ride must originate or end in Brookline.
- Riders are limited to one roundtrip per day & three roundtrips (or six one way trips) per month.
- Vehicles are not wheelchair accessible.
- You can bring a foldable mobility device and up to one guest on your ride.

## LYFT

This program offers 4 subsidized rides per month via Lyft. Lyft is a ridesharing transportation company that offers curb-to-curb services 24/7.

The rider pays a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any amount beyond \$12. The coupon will automatically download each month into the Lyft app on your smartphone.

**The program is limited to income eligible Brookline seniors, age 60+ (individual \$92,650 max; couple \$105,850 max). Eligible riders can enroll with either Lyft or GoGo, but not both.**

Call 617-730-2644 to apply.

## GOGO GRANDPARENT

This program offers 4 subsidized rides per month with GoGo Grandparent, a national company that provides dispatch service for Uber/Lyft vehicles.

The rider pays at a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any additional amount beyond \$12. This option is available 24/7, but it is limited to trips within Brookline and to select neighborhoods in Boston.

**The program is limited to income eligible Brookline seniors, age 60+ (individual \$92,650 max; couple \$105,850 max). Eligible riders can enroll with either Lyft or GoGo, but not both.**

Call 617-730-2644 to apply.

## TRANSPORTATION

### NEED A RIDE TO THE SENIOR CENTER?

The first pickup is at 9:00 am, with the last departure from the Senior Center at 2:30 pm.

If you're a Brookline resident in need of transportation to the Senior Center, please call the Van Reservation Line at 617-730-2750 at least one business day in advance.

Please leave your name, address, telephone number, and the desired date/time of your pick up and return times in your message.

**Donations are appreciated to help cover fuel costs. Your support means a lot to us! Please note that the Senior Center utilizes a variety of transportation options to assist residents in getting to and from the center.**

### SENIOR CHARLIECARD

Senior CharlieCards offer a 50% discount on the subway, bus, and Commuter Rail for Massachusetts residents aged 65+.

The Senior Center helps to process new and renewal Senior Charlie Cards using the MBTA online application form.

For more info about applying online, visit <https://www.mbta.com/fares/reduced/senior-charliecard> or call Sebastian Ware, Transportation Coordinator at 617-730-2644 to schedule an appointment.

### NEW! MODERN RIDE SATURDAYS

Modern Ride is offering discounted Saturday rides for Brookline older adults (60+). Rides will be available to local shopping centers on Saturdays from 10am-2pm. Each one-way ride is \$4.99 (cash only & limited to within Brookline). To schedule a Saturday ride, please call 617-566-5000 on Thursdays or Fridays between 10am-5pm and ask for Ben.

### EYE APPOINTMENT TRANSPORTATION

The Council on Aging receives an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals.

Through this grant, our HELP program provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area.

To access, please contact the HELP line at 617-730-2752.

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### ADDITIONAL TRANSPORTATION RESOURCES

#### MODERN RIDE TAXI

617-566-5000

#### METROCAB

617-782-5500

Limited wheelchair accessible vans

#### VOLUNTEER MEDICAL ESCORT PROGRAM

FriendshipWorks: <https://fw4elders.org>  
or call 617-482-1510 x126

## RESOURCES & SERVICES

### HELP PROGRAM



The HELP program provides affordable, reliable, and flexible home care service to Brookline seniors. Call 617-730-2752 or scan the QR code.

### FILE OF LIFE

This program provides individuals with emergency medical identification to be used both at home and away from home. For more information, call 617-730-2777 or stop by the Senior Center (2nd floor).

### EQUIPMENT LOAN FUND

If you are in need of incontinence supplies or durable medical equipment such as a walker, shower chair, or wheelchair, please call the Equipment Loan Fund at 617-730-2752.

### PODIATRY CLINIC

Routine foot care (nail trim, callus trim) with Dr. John McLoughlin is available at the Senior Center. To inquire about appointments, call 617-730-2777.

### LOW VISION SUPPORT GROUP

The Low Vision Support Group, offered through MAB Community Services, meets monthly via conference call on the third Thursday. For information on how to call in, please contact Laurie Werle at 617-926-4268.

### PARC: PARKING ACCESS FOR RESIDENT CAREGIVERS

The PARC Program provides parking passes to address the parking needs of caregivers who serve the residents of Brookline. Call the PARC Program line at 617-730-2752 to learn more.

### BROOKLINE HEARING SERVICES

Thursday, May 18, 10:30-11:30 am

Brookline Hearing Services provides hearing aid cleanings, maintenance, and patient counseling at no charge. They also sell all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

### SHINE PROGRAM

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained volunteer SHINE counselors work with clients to explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs. Call 617-730-2777 to schedule an appointment with a Senior Center SHINE counselor.

### SUPPORT FOR ALZHEIMER'S CAREGIVERS

Alzheimer's Association volunteer Ted Sturman is available by phone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support around caregiving issues and resources, please call Ted at 617-803-6105.

### MYSENIORCENTER CARDS AND CHECK-IN

Please come to the 2<sup>nd</sup> floor Council on Aging offices to fill out a brief form with your contact information in order to get your new MySeniorCenter card. Then, check in for all of the activities you come to!



## RESOURCES & SERVICES

### **METROWEST LEGAL SERVICES CLINIC**

**Thursday, May 28, from 12:00-3:00 pm**

Schedule a private, FREE half hour legal **PHONE** consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and Social Security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer issues and bankruptcy.

Please note for registration that sharing a one-or-two word subject matter will help the attorney in their preparations and this information will remain absolutely confidential. If you need to cancel your appointment, please let Jamie know as there is often a wait list.

To schedule your telephone consultation, contact scheduler Jamie at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov). Space is limited!

### **VIBRANT ACCESS TECHNOLOGY PROGRAM**

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to offer the VIBRANT Assistive Technology program in partnership with the Centers on Aging and the Brookline Senior Center.

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more. Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss.

**In-person lessons at the Senior Center are by appointment on Wednesdays and Thursdays**

**from 1:00 pm-5:00 pm; remote training is also available.**

Contact Ashley Colburn at 617-906-3042 or [acolburn@mabcommunity.org](mailto:acolburn@mabcommunity.org).

### **TECH ASSISTANCE**

Do you have questions about setting up email, using your devices, or navigating the internet? Please bring your questions about phones, tablets, computers or any other digital devices. To schedule a technology assistance appointment, please call 617-730-2777.

Due to limited availability, participants may be limited to two appointments per month with certain volunteers.

### **Tech Buddies Digital Navigator Ken Fine:**

Tuesdays, 11:00 am - 12:30 pm

Wednesdays, 10:00 am - 1:00 pm

Thursdays, 10:00 am - 1:00 pm

Fridays, 11:00 am - 12:30 pm

### **Tech Support Volunteers (30 min. appointments):**

Dan Siagel: select Mondays, 11:00 am to 1:00 pm

Alan Shepro: Tuesdays, 1:30 to 3:30 pm (does not provide assistance with Android devices)

### **High School Volunteers (1 h appointments):**

Lucas: Fridays, 3:30 to 4:30 pm

Ella: Mondays and Fridays, 3:00 to 5:00 pm

### **NOTARY TUESDAYS**

Get your documents notarized Tuesdays at the Senior Center for a donation of \$5 per document—just bring your ID and paperwork! Call 617-730-2770 for an appointment.

## RESOURCES & SERVICES

### STUDENTS HELPING OLDER PEOPLE (SHOP)



A collaboration between the Brookline Senior Center and Brookline High School (BHS), the SHOP program has been a community

service program for many years. High school student volunteers are matched with seniors to do their grocery shopping for the school year. In turn, seniors help the students fulfill their community service requirements. Frequently, these become meaningful multigenerational relationships. Some students have shopped for the same person throughout high school and consider their senior an important part of their life.

If you would like to sign-up or learn more, please contact Valerie Graf, Volunteer Coordinator, 617-730-2743 or [vgraf@brooklinema.gov](mailto:vgraf@brooklinema.gov).

### MEDICARE COVERAGE WHILE TRAVELING

Summer is here and before you pack your bags for that long-awaited trip, remember to check your Medicare Advantage plan to review emergency coverage and in

network vs. out of network costs. This information is easy to find in your plan summary documents received at enrollment. Also keep in mind that Original Medicare does not cover health care outside the fifty states, D.C., and U.S. territories, except for rare circumstances. Many supplemental (Medigap) plans cover foreign emergency care, but you may wish to buy dedicated travel insurance for trips outside of the U.S.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, call the Senior Center at 617-730-2777. For other SHINE-related questions, call 781-453-8076 to be connected with our regional voicemail line. A volunteer will call you back.



# BROOKLINE LIBRARY & ADULT EDUCATION PROGRAMS

## **NEW: BROOKLINE COA / SENIOR CENTER OUTREACH OFFICE HOURS AT THE PUTTERHAM LIBRARY**

A Council on Aging social worker will be at the Putterham Library on the second Wednesday of the month to answer any questions you have about programs and services available at the Senior Center and through the Council on Aging.

**May 13 at 1:00-2:30 pm**

**June 10 at 10:15 am-12:00 pm.**

If you need transportation, please call or email Anne Essaran at 617-730-2754 or [aessaran@brooklinema.gov](mailto:aessaran@brooklinema.gov).

## **PUBLIC LIBRARY PROGRAMS**

Community Catch-up with Gentle Chair Yoga  
Instructor Keith Beasley (Putterham) -  
Thursday, May 7 at 11:00 am

Council on Aging Book Group  
(Putterham/Zoom) - Monday, May 18 at 2:00 pm

English Club ELL Conversation Group  
(Brookline Village) - Tuesday, May 12 at 10:30 am

Tech Tuesday (Putterham) - Tuesday, May 12 and Tuesday, May 26 at 11:00 am

Spring Transplanting Workshop with Brookline Pollinator Pathway Tuesday (Coolidge Corner) -  
May 12 at 5:30 pm and 6:30 pm

Let's Talk Transportation with Sebastian Ware  
(Putterham) - Thursday, May 21 at 11:30 am

AAPI Exhibit and Art Reception (Brookline Village) - Thursday, May 21 at 5:00 pm

## **THE LIBRARY CONNECTION**

Can't come to the library? Let the library come to you! This program provides increased access to information and library services through delivery of library materials by volunteers to Brookline residents who are permanently or temporarily homebound.

If you are interested in receiving the service, or have general questions about the program, please contact Bryan Kreuzsch at 617-730-2355 or [bkreusch@minlib.net](mailto:bkreusch@minlib.net).

## **BROOKLINE REC**

**Spring Celebration at the Arnold Arboretum**  
**Tuesday, May 5, 10:00am-1:00pm | \$7**

Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. We will return to the Senior Center between 12:30-1pm.



**Hidden Meadows Hike at Fowl Meadow |**  
**Tuesday, June 2, 10am-1:30pm | \$7**

Transportation is provided from Brookline Senior Center to the park. The bus leaves promptly at 10am.

To register for the programs, visit <https://www.register.brooklinerec.com> or call 617-730-2069.

## SPOTLIGHT

**“This is a vibrant hub for meeting people, finding meaning, enjoying arts and socialization”  
– A conversation with Betsy Pollock, President of the Senior Center Foundation Board**

Written by Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

2026 marks the Senior Center’s 25<sup>th</sup> anniversary and Betsy Pollock’s 40<sup>th</sup> year as President of the Board of the Senior Center Foundation. “The Foundation is a non-profit dedicated to raising money for the Senior Center—because the town funds only about 70% of the operating costs,” Betsy says. “I enjoy being a spokesperson for the Senior Center and working to raise community interest in it.”

Betsy assumed this volunteer role in her 30’s. She concurrently held professional social work positions—working in community mental health, private practice, and later creating a medical social work department—while rearing children with her late husband, Rabbi Don Pollock. “I’m a native of Brookline—I was born here, I went to the Brookline schools and I raised my family here, too... I’ve always had a need to be involved civically in my community.” Regarding her inspiration, “my father was a social worker—he was very proud of my going into social work.”

Pollock recalls “it took 15 years to get the Senior Center built. Brookline had the first Council on Aging in the state but was late in getting a Senior Center.” The proposal initially met with some opposition from people who didn’t understand its value. A number of those who were against it now utilize and benefit from the facility.

“I think it’s had a terrific impact on the community... this is a vibrant hub for meeting people, finding meaning, enjoying arts and



and socialization and intellectually challenging programming, as well as being a crucial safety net for people struggling and in need of assistance.”

When the building was completed “we thought our work was done.” Operational costs and expenses continued, underscoring the need for ongoing fundraising. Betsy notes that “a wonderful group of talented people serve on the Board (including former Select Board and School Committee members) and bring their expertise to bear on many issues.”

Regarding the future, she asserts “we have outgrown the Senior Center, and we clearly need a satellite Senior Center. Too many people are now closed out of programs due to lack of room. We need more space, which will require additional staffing and additional funding.”

Betsy is proud to volunteer for her hometown, and she wants the town to be proud of its Senior Center and Senior Services.

**To get involved in the Foundation, email [dmiller@brooklineseniorcenter.org](mailto:dmiller@brooklineseniorcenter.org)**

**Contributions can be made at the Senior Center or via <https://brooklineseniorcenter.charityproud.org/Donate>**

# SCAMS

## PROTECT YOUR IDENTITY, MONEY & INFORMATION: SECURELY DISPOSE OF UNWANTED ELECTRONIC DEVICES

Written by Miriam Rosalyn Diamond, Council on Aging Engagement Promoter

It's time for Spring cleaning! You might be decluttering, motivated to get rid of that computer, cell phone, and/or tablet no longer in use. Or maybe you're planning to replace technology with something updated.

It's important to avoid allowing personal data—passwords, identification numbers, financial as well as private details—migrate along with the equipment and fall into the wrong hands. Here are some steps you can take:

**1. Save** important stored information onto a USB or external hard drive. Data such as passwords and account numbers may be written into a notebook you are not likely to lose. Less-sensitive details—photos and your contact list, for example—may be saved to the Cloud.

**2. Log out** of accounts, social media, email, and shopping sites. If you've used the Cloud or iCloud to back up your information (including passwords), sign out and delete your ID.



**3. Remove** SD cards and USB thumb drives from computers; SIM and/or microSD cards from cell phones.

**4. Reset** the mechanism to its original factory state.

**5. Wipe** your hard drive clean, using programs already built into the apparatus or via special software. Some machines have removable hard drives that can be **destroyed** with a hammer.

**6. Bring** equipment, along with any removed hard drive, cords, and other components to an electronic recycling center. Best Buy, Staples, and similar stores may serve as drop-off or mail-in locations; contact them to verify. Some charities—particularly residential shelters—accept used cell phones for their clients.

The town also offers recycling of electronics. To schedule and pay for a pick up, see <https://www.brooklinema.gov/3758/Bulky-Items-Overflow-Waste>. Alternatively, items can be dropped off at 815 Newton Street during designated times; details are available at <https://www.brooklinema.gov/3764/Hazardous-Waste-Drop-Off-Programs>. For more information, call (617) 730-2156.

If you would like assistance with any of these actions, make an appointment with a Council of Aging Tech Buddy by calling 617-730-2777.

Want more tips on staying safe from Scams? You can access a copy of Protect Your Identity, Money & Information! How to Spot and Deal with SCAMS at:

[https://www.brooklineseniorcenter.org/wp-content/uploads/2025/01/PROTECT-FROM-SCAMS\\_WEB-1.pdf](https://www.brooklineseniorcenter.org/wp-content/uploads/2025/01/PROTECT-FROM-SCAMS_WEB-1.pdf)

# VALUED VOLUNTEERS

## 2026 VOLUNTEER APPRECIATION EVENT

On April 15th, the Brookline Senior Center celebrated at our annual Volunteer Appreciation Event. Wendee Glick, on vocals, and Steve Heck, on piano, provided lively entertainment, while volunteers enjoyed a catered lunch from Wegmans. Director Emily Williams welcomed all volunteers and guests, followed by Council on Aging Chair Yolanda Rodriguez, who spoke about the value of participation on the Board and its subcommittees. Yolanda also led a moment of silence for deceased volunteers.

Volunteer Coordinator Valerie Graf greeted attendees and highlighted the “starfish story,” emphasizing how every act of kindness and each volunteer effort makes a meaningful difference. She also introduced a plaque to be displayed on the first floor in honor of Vivian Freeman, Brookline Senior Center’s first Volunteer Coordinator.

Supervisor of Services Julie Washburn announced a large and diverse group of nominees for the Volunteer of the Year Award, reflecting the many ways individuals contribute to the Senior Center. Nominees included Jill Black, Eric Bloom, Mark Chadbourne, Clara Chin, Nancy Collins, Marcia Goldstein, Tara Greaney, Hermia Hall, Ann Harshman, Pam Hitchmoth, Kathryn Kilpatrick, Soo Moy, Fran Perler, Sandy Silbert, Zipora Vainstein, Allen Waxman, and the entire Newsletter Mailing Group.

Valerie then announced Hermia Hall as the recipient of the 2026 John & Molly Dolan Volunteer of the Year Award. She recognized Hermia’s 15 years of dedicated service to the Brookline Senior Center, including her work with the pre-pandemic Food Distribution program, setting tables for the Springwell daily

lunch program, collecting donations, supporting both the Annual Summer Sidewalk Sale and Annual Holiday Craft Fair & Rummage Sale, watering plants, assisting with mailings, and staffing the Gift Cart several days each week.

Emily presented the 2026 Community Service Award to the Brookline Library Putterham Branch in recognition of their collaboration, generosity and shared commitment to serving older adults. Ginger O’Day, the Putterham Branch Library Manager, accepted the award and expressed appreciation for the partnership with the Brookline Senior Center.

Emily also presented the inaugural Advocate of the Year Award to Yolanda Rodriguez for her tireless advocacy on behalf of the Brookline Council on Aging and Senior Center.

Select Board representative to the Council on Aging John VanScoyoc offered words of appreciation for all the volunteers and spoke about the vital role they play in supporting the community.

The Volunteer Appreciation Event concluded with a lively raffle benefiting the Brookline Senior Center, along with the distribution of beautiful plants for all volunteers, from Olympia Flower Store.



Thank you



### 2026 VOLUNTEER APPRECIATION EVENT



Congratulations to our 2026 honorees! Hermia Hall has been named the John and Molly Dolan Volunteer of the Year, and Putterham Library is the recipient of the Community Partnership Award (accepted by Ginger O'Day).





To all of our incredible volunteers:  
**THANK YOU** for your generosity, your dedication, and  
your heart. We see you. We rely on you. And we are  
deeply, deeply grateful for you.



## ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your general questions about aging and geriatric medicine in this column every month.



### MYTHS ABOUT OUR EYES

A reader recently shared common eye myths, which I'll discuss along with additional insights from the Mayo Clinic and the American Academy of Ophthalmology.

**Myth: Reading in poor light will hurt your eyes.**

**Fact:** Reading in dim light won't harm your eyes. Although you may experience headaches or eye strain from the extra effort of reading in poor lighting conditions, there is no scientific evidence to suggest that reading in this type of setting does any damage to your eyesight.

**Myth: Using your eyes too much will 'wear them out.'**

**Fact:** Your eyes were made for seeing. You won't lose your vision by using your eyes for their intended purpose.

**Myth: Wearing eyeglasses that are too strong or have the wrong prescription will damage your eyes.**

**Fact:** Wearing glasses that are too strong or otherwise wrong for your eyes cannot harm your eyes—although it might result in a temporary headache. At worse, the glasses will fail to correct vision and make you uncomfortable because of blurriness.

**Myth: Wearing eyeglasses will weaken your eyes.**

**Fact:** Eyeglasses worn to correct [nearsightedness](#), [farsightedness](#), [astigmatism](#) or

[presbyopia](#) will not weaken your eyes any more than they will permanently solve these types of vision problems. Glasses are simply external optical aids that correct vision for people who suffer from refractive errors.

**Myth: Crossing your eyes may make them permanently crossed.**

**Fact:** Your eye muscles are meant to allow you to move your eyes in many different directions. Looking left, right, up or down will not force your eyes to stay permanently crossed. Crossed eyes result from disease, from an uncorrected refractive error, or from muscle or nerve damage, not from forcing your eyes into that position.

**Myth: Eating carrots will improve your vision.**

**Fact:** [Vitamin A](#) is essential for the body to maintain healthy eyesight and carrots have high amounts of this nutrient. But the body only needs a relatively small amount of vitamin A for vision, and it can be obtained through [many sources](#) such as [dark, leafy greens](#), [brightly colored vegetables](#), [dairy](#), and [fish](#). While eating foods rich in vitamin A can help you maintain good eyesight, it won't improve your vision or keep you from needing glasses or contacts.

**Myth: You can improve your vision with eye exercises.**

**Fact:** [Eye exercises](#) will not improve or preserve vision or reduce the need for glasses. Your vision depends on many factors, none of which

## ASK A DIETITIAN

can be significantly altered with eye exercises.

**Myth: Using computers can damage your eyes.**

**Fact:** Looking at a [computer screen](#) will not harm your eyes, but doing so without breaks can contribute to eye strain or [dry eyes](#). Be sure to rest your eyes every 20 minutes by looking up or across the room. [Blink regularly](#) to keep your eyes well lubricated and use artificial tears to [promote moisture](#).

**Myth: Losing vision is an inevitable part of aging.**

**Fact:** Many [vision problems that develop as people age](#) can be treated. [Presbyopia](#), which is near-vision loss, and [cataracts](#) can both be remedied to allow adults to see clearly again. It is important to have [eye exams on a yearly basis](#) to catch both reversible and permanent threats to vision, such as [glaucoma](#) or [macular degeneration](#). Early treatment can slow or prevent vision loss.

**Myth: A cataract must be 'ripe' before it is removed.**

**Fact:** [A cataract can be removed](#) as soon as it compromises your vision. Thanks to [modern advances in cataract surgery](#), the lens can now be removed from the eye as soon as it's cloudy enough to make reading fine print or street signs difficult.

**Myth: Vision loss is unpreventable.**

**Fact:** Almost 80% of vision loss can be prevented by early detection. Blurry vision, large [floaters](#) in your vision, [flashes](#) of light, eye pain or difficulty in your central or peripheral vision, your eye doctor will be able to take a look, see what the problem is and how to treat it. Many serious eye conditions, such as glaucoma, rarely display obvious symptoms before permanent eye damage has already occurred.



### UPDATED DIETARY GUIDELINES

In January, the U.S. Department of Health and Human Services issued updated guidelines for healthy eating which it represents as an upside-down pyramid. At bottom is a small area labeled "whole grains" followed by a widening "V" depicting examples of protein, fat and produce, all advocated as being part of a nutritious diet. While some of these recommendations are sound, others raise significant health concerns.

**What the Guidelines Get Right:** Emphasize whole/minimally processed foods, limit added sugar, consume generous servings of vegetables and fruit, choose more whole (versus white) bread and grains.

**What is New:** Butter and beef tallow are now considered healthy as is whole milk. Americans are encouraged to eat more protein, including red meat, and less carbohydrate (such as bread and grains). Additionally, these recommendations were developed much differently than past guidelines, which raises questions as to whether they are scientifically sound. Let's examine these assertions.

**Butter, Red Meat and Beef Tallow:** All are high

## ASK A DIETITIAN

in saturated fat. It is widely accepted saturated fat contributes to heart disease and the new guidelines continue to support limiting it. **Best Advice:** If you enjoy butter, red meat (beef, pork, lamb) and beef tallow, use sparingly and emphasize healthy fats like canola and (extra virgin) olive oil. The latter is an especially good choice as we age, since its phyto(plant) chemicals help to keep the brain healthy and protect against inflammation (which contributes to many age-related chronic illnesses).

**Whole Milk:** Although full fat milk, cheese and yogurt are high in saturated fat, there is increasing evidence that these foods may not contribute to heart disease and are perhaps even protective. **Best Advice:** While more research is needed to confirm the health benefit of full fat dairy, a few daily servings seem reasonable.

**Eat More Protein:** While many Americans already consume enough, seniors do need to “up their protein game”. With age, requirements increase to compensate for declining ability to use dietary protein for muscle maintenance. (Individuals with health conditions such as impaired kidney function may need to restrict). **Best Advice:** To stay active and avoid frailty, include protein at all meals and snacks. Examples: Poultry, fish, eggs, beans, nuts, peanut butter, soy, dairy.

**Eat Less Carbohydrate:** Carbohydrates such as bread, grain and cereal are the body’s main energy source and should not be overly restricted. The fiber in whole grains aids in blood sugar control, helps with constipation (which can occur with age), protects against colon cancer and feeds the microbiome (bacteria in the large intestine which support the disease fighting immune system). **Best Advice:** Include carbohydrate at all meals and snacks.

**Qualifications of the Panel That Made Recommendations:** Unlike previous experts involved in formulating Government dietary guidelines, this panel consisted of many political appointees and individuals who represented food lobbies, such as beef, pork and dairy. Therefore, some of their conclusions are at odds with proven nutrition guidance and have potentially harmful consequences for public health. **Bottom Line:** Follow “What the Guidelines Get Right: and “Best Advice” herein.



### Senior Tax Work Off Program

Are you a Brookline resident age 60+ looking to reduce your real estate tax bill?

- If you:
- Are 60 years by January 1, 2026
  - Own and occupy your residence
  - Have a gross income less than \$92,650

Then you are eligible to apply to the Senior Tax Work Off Program and receive an abatement of up to \$2,000 off your real estate tax bill.



#### HOW DOES THE PROGRAM WORK?

**1. Apply for the Program**

Complete an application and interview with the Council on Aging.

**2. Get Matched with Available Work**

Work with the Retirement Engagement Alternatives Program Coordinator to get matched with a Town department.

**3. Work up to 133 hours**

Complete 133 hours from January - November 2026 to earn up to a \$2,000 tax credit off of your 3rd or 4th quarter tax bill.

For questions on how to enroll in the Senior Tax Work Off Program contact the Council on Aging at 617-730-2767 or email [williams@BrooklineMA.gov](mailto:williams@BrooklineMA.gov).

For questions about this and other property tax exemptions programs contact the Assessor's Office at 617-730-2060 or email [Assessors@BrooklineMA.gov](mailto:Assessors@BrooklineMA.gov).

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**~ Family Member of Rehab Patient**

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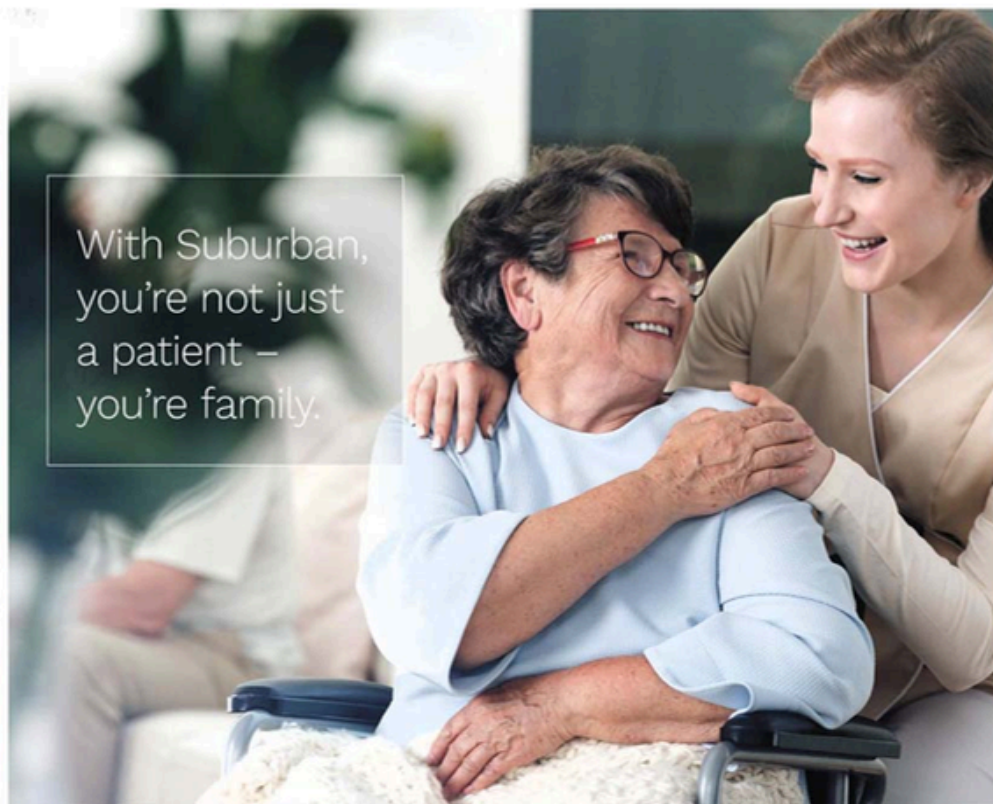
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